

TITLE OF THE INVENTION

REDUCER OF BLOOD GLUCOSE LEVEL INCREASE, REDUCER OF BODY FAT
ACCUMULATION AND FOOD MATERIAL

BACKGROUND OF THE INVENTION5 Field of the Invention

[0001] The present invention relates to a reducer of blood
glucose level increase, a reducer of body fat accumulation,
a food material, a method for reducing blood glucose level
and a method for reducing body fat accumulation.

10 Related Background of the Invention

[0002] As a constituent for reducing blood glucose level
increase, there have been known an extract from *Gymnema*
Sylvestre leaves (JP Tokkai S64-85058, JP Tokkai H2-79955),
an extract from *Gymnema* *Inodrum* (JP Tokkai H5-252897), and
15 an extract from *Gymnema* *Chingen* (JP Tokkai H6-245735). They
are considered to reduce blood glucose level increase
because of an effect of reducing glucose absorption.
Triterpene glycoside (JP Tokkai H6-128161) contained in
Gymnema *Inodrum* is also reported to have the effect of
20 reducing glucose absorption.

[0003] Monoterpene glycoside is known to have an effect of
reducing blood glucose level increase through a sucrase
inhibition effect (JP Tokkai H6-100453). Examples of such
monoterpene glycoside include a betaine from a sugar beet
25 (JP Tokkai H8-133970), a saponin mixture from *Alaria* *elata*
(JP Tokkai H8-283169), and an α -glucosidase inhibitor (JP

Tokkai H8-289783).

[0004] Additionally, there has been recently reported carbohydrate having an effect of reducing blood glucose level increase. Indigestible dextrin is known to show an effect of reducing blood glucose level increase after food intake for a person with easily rising blood glucose level (Kenko/Eiyosyokuhin Kenkyu, Vol.2, No.1, 52-56 (1999)), and to have an influence on fat metabolism (Kenko/Eiyosyokuhin Kenkyu, Vol.3, No.3, 47-58 (2000)). L-arabinose is also demonstrated to inhibit specifically the activity of small intestine sucrase which decomposes sucrose (Nihon Eiyo/Syokuryo Gakkai Shi (The Journal of JSNFS), Vol.50, No.2, 133-137 (1997)).

[0005] Although not carbohydrate, a hot water extract from Guava leaves, a plant extract, is known to inhibit the activities of carbohydrate degrading enzymes, such as maltase, sucrase and α -amylase. It is also known that its inhibition effect is particularly stronger for α -amylase than for the other two enzymes. Hence, it is demonstrated to reduce blood glucose level increase after food intake (Nippon NogeiKagaku Kaishi, Vol.72, No.8, 923-931 (1998)).

SUMMARY OF THE INVENTION

[0006] However, the Gymnema extract etc. taste so bitter as to block sweet taste, and hence can not be used without a particular treatment. The indigestible dextrin and L-arabinose, though carbohydrate, are difficult to be

digestibly absorbed, and sometimes cause diarrhea when they are ingested in a large amount. A substance having an effect of inhibiting sucrase activity is pointed out that, when ingested together with sucrose, it allows the sucrose to reach a large intestine without decomposition. In other words, all the above substances demonstrating the effect of reducing blood glucose level increase have various problems such as inconvenience at use and limited application.

[0007] Therefore, a reducer of blood glucose level increase which is free from unpleasant taste such as bitter taste and which can be ingested as a safe food has been desired. Further, a plant extract is not usually ingested as food, and L-arabinose is a food additive. Therefore, a method for reducing blood glucose level increase employing a safe food material usually ingestible as food has been desired.

[0008] An object of the present invention is to provide a reducer of blood glucose level increase which can solve the above problems in the prior art.

[0009] The present inventors have made a diligent study and found out that a combination of certain substance causing the blood glucose level increase and palatinose can be ingested, while solving the problems, to reduce blood glucose level increase caused by the substance, and have completed the invention.

[0010] Namely, the invention provides a reducer of blood glucose level increase comprising palatinose as an active

ingredient, wherein the reducer is ingested before or after or simultaneously with consuming a carbohydrate having an α -1,6-glucosyl bond ratio of from 0% to less than 50% relative to the total bonds among constituent saccharides, and wherein the reducer reduces an increase in blood glucose level caused by consuming said carbohydrate (or a reducer of blood glucose level increase for reducing a blood glucose level increase caused by consuming a carbohydrate having an α -1,6-glucosyl bond ratio of from 0% to less than 50% relative to the total bonds among constituent saccharides characterized by comprising palatinose as an active ingredient and being ingested before or after or simultaneously with consuming the carbohydrate).

[0011] As is reported in Hormone and Metabolic Research, 21, 338-340 (1989) etc., palatinose is a foodstuff having a low Glycemic Index and causes no sudden increase or decrease in blood glucose level after ingestion [Glycemic Index (GI) is an index which indicates relationship between food and blood glucose level, which is in the news recently, and uses white bread or glucose as a standard food (The American Journal of Clinical Nutrition, 43 (January), 167-172 (1986))]. It has been considered that palatinose is ingested simultaneously with another carbohydrate to express a change in blood glucose level which is a sum of the change caused by the palatinose and the carbohydrate. Therefore, palatinose has been only intended to be used alone as a carbohydrate in a

food for reducing blood glucose level increase.

[0012] With respect to the coexistence effect of palatinose and another carbohydrate, there is a report on the relation between palatinose and sucrose (Nihon Eiyo/Syokuryo Gakkai Shi(Journal of Japanese Society of Nutrition and Food Science), Vol.36, No.3, 169-173 (1983)). According to the report, since sucrase (sucrose α -D-glucohydrolase) catalyzes to decompose sucrose into glucose and fructose and is specific for sucrose or maltose as the substrate, it does not catalyze to decompose palatinose or isomaltose having different bond of the same combinations of the constituent sugars to sucrose or maltose, respectively. Therefore, it is reported that, when sucrose and palatinose coexist, they are catalyzed independently to decompose without mutual influence.

[0013] On the contrary, isomaltase (oligo-1,6-glucosidase), which is an enzyme catalyzing decomposition of palatinose inside a digestive tract, catalyzes to decompose a carbohydrate having an α -1,6-glucosyl bond such as isomaltose, panose and isomaltotriose. Hence, it is reported that, when palatinose and these carbohydrates coexist, they competitively inhibit decomposition reaction catalyzed by the enzyme one another, resulting in their respective slow decomposition rates (Nihon Eiyo/Syokuryo Gakkai Shi(Journal of Japanese Society of Nutrition and Food Science), Vol.36, No.3, 169-173 (1983)). It has been

concluded from the report that, through competitive inhibition by isomaltase, palatinose can reduce the blood glucose level increase caused by consuming a carbohydrate having an α -1,6-glucosyl bond ratio of 50% or more relative to the total bonds among constituent saccharides. However, palatinose is not supposed to be able to reduce the blood glucose level increase caused by consuming a carbohydrate having no α -1,6-glucosyl bond including monosaccharide or a carbohydrate having an α -1,6-glucosyl bond ratio of less than 50% relative to the total bonds among constituent saccharides.

[0014] Contrary to the recognition, however, the inventors have found out a novel phenomenon that, when palatinose is ingested before or after or simultaneously with consuming a carbohydrate having an α -1,6-glucosyl bond ratio of from 0% to less than 50% relative to the total bonds among constituent saccharides, it can reduce the blood glucose level increase caused by ingesting the carbohydrate.

[0015] The present invention provides a reducer of blood glucose level increase comprising palatinose as an active ingredient, wherein the reducer is ingested before or after or simultaneously with consuming at least one foodstuff being selected from the group consisting of sucrose, wheat flour, starch, dextrin and high fructose corn syrup, and wherein the reducer reduces an increase in blood glucose level caused by consuming the foodstuff (or a reducer of

blood glucose level increase for reducing a blood glucose level increase caused by consuming at least one foodstuff selected from the group consisting of sucrose, wheat flour, starch, dextrin and high fructose corn syrup, characterized by comprising palatinose as the active ingredient and being ingested before or after or simultaneously with consuming the foodstuff).

[0016] Starch and dextrin are catalyzed by α -amylase, β -amylase and α -glucosidase (maltase) to decompose to glucose, which is absorbed at small intestine. Palatinose, though having a glucosyl group, is demonstrated to be hardly catalyzed by α -glucosidase.

[0017] High fructose corn syrup composed of glucose and fructose, a commercial product of saccharide (carbohydrate) composed of monosaccharides, is ingested to give a sudden increase and decrease curve in blood glucose level as is seen in sucrose. It has been considered that high fructose corn syrup, which is composed of the monosaccharides, is not competitive as to catalysis by the decomposition enzyme for palatinose and is easily absorbed.

[0018] It has been generally known that glucose and sucrose cause a sudden increase/decrease curve in blood glucose level. White bread, as well as glucose, is used as a standard to measure a Glycemic Index because starch in the food is digested at a considerably large rate to show a sudden increase/decrease curve in blood glucose level close

to that of sucrose or glucose (ILSI Europe Concise Monograph Series, [Nutrition and Health Aspects of Sugars, Evaluation of new findings], pp8-12 (1998)). Dextrin, a partial decomposition product of starch, is easily supposed to draw a blood glucose level curve similar to that of starch. Therefore, sucrose, glucose, starch and dextrin are representative of carbohydrates which are apt to raise suddenly blood glucose level after ingestion and are used in a wide range of processed foods. High fructose corn syrup, a liquid sugar composed of glucose and fructose which are the constituent saccharides of sucrose, is ingested to show a blood glucose level increase curve similar to that of sucrose.

[0019] It has been generally considered that, when palatinose giving a mild increase/decrease in blood glucose level and a carbohydrate (saccharide) giving a sudden increase/decrease in blood glucose level such as sucrose, glucose, dextrin or starch are simultaneously ingested, sucrose, glucose, dextrin or starch, which is an easily digested carbohydrate, causes sudden increase in glucose level as is the case where it is ingested alone, and that slow changes of glucose level caused by palatinose simultaneously ingested is not reflected. The consideration is based on the understanding that palatinose don't cause competitive inhibition because the decomposing enzymes for the above described carbohydrates, which are easily

digestible, are significantly different from palatinose decomposing enzyme (palatinose is catalyzed to decompose at a rate about one fifth of that of sucrose), and that palatinose has no influence on the absorption of a monosaccharide such as glucose.

[0020] Thus, the invention, that palatinose is ingested before or after or simultaneously with consuming at least one foodstuff being selected from the group consisting of sucrose, wheat flour, starch, dextrin and high fructose corn syrup to reduce an increase in blood glucose level caused by consuming the foodstuff, provides a completely novel knowledge.

[0021] The invention also provides a reducer of blood glucose level increase comprising palatinose as an active ingredient, wherein the reducer is ingested before or after or simultaneously with consuming food, and wherein the reducer reduces an increase in blood glucose level caused by consuming the food (or a reducer of blood glucose level increase for reducing an increase in blood glucose level caused by consuming food characterized by comprising palatinose as the active ingredient and being ingested before or after or simultaneously with consuming the food).

[0022] The amount of carbohydrate upon ingesting an ordinary food is considered to be 50-150g per food. And the carbohydrate contained in one feed causes mainly blood glucose level increase after eating. An ordinary food uses

food material which contain a lot of carbohydrate such as potatoes, rice products (rice diet, noodles such as Vietnamese pho noodle or rice vermicelli, and rice cake) and wheat products (wheat flour, wheat noodle, bread, baked cake, pizza crust and Japanese pancake). The carbohydrate contained in them is mainly starch. It has been considered that, for ingested palatinose, it is more difficult to reduce an increase in blood glucose level through consuming a carbohydrate in food, which exists with other ingredients in being kneaded with or surrounded by the other ingredients, than to reduce an increase in blood glucose level through consuming a carbohydrate such as monosaccharide and disaccharide, which are consumed as an aqueous solution. Therefore, the fact that palatinose is ingested to reduce blood glucose level increase after eating provides a completely novel knowledge.

[0023] Further, the invention provides a reducer of body fat accumulation comprising palatinose as an active ingredient, wherein the reducer is ingested before or after or simultaneously with consuming a carbohydrate having an α -1,6-glucosyl bond ratio of from 0% to less than 50% relative to the total bonds among constituent saccharides, and wherein the reducer reduces body fat accumulation resulted from the increase in blood glucose level and insulin secretion caused by ingesting the carbohydrate (or a reducer of body fat accumulation for reducing body fat accumulation

resulted from the increase in blood glucose level and insulin secretion amount caused by ingesting a carbohydrate having an α -1,6-glucosyl bond ratio of from 0% to less than 50% relative to the total bonds among constituent saccharides, characterized by comprising palatinose as the active ingredient and being ingested before or after or simultaneously with consuming the carbohydrate).

[0024] Furthermore, the invention provides a reducer of body fat accumulation comprising palatinose as an active ingredient, wherein the reducer is ingested before or after or simultaneously with consuming at least one foodstuff being selected from the group consisting of sucrose, wheat flour, starch, dextrin and high fructose corn syrup, and wherein the reducer reduces body fat accumulation resulted from the increase in blood glucose level and insulin secretion caused by consuming the foodstuff (or a reducer of body fat accumulation for reducing body fat accumulation resulted from the increase in blood glucose level and insulin secretion amount caused by ingesting at least one foodstuff being selected from the group consisting of sucrose, wheat flour, starch, dextrin and high fructose corn syrup, characterized by comprising palatinose as the active ingredient and being ingested before or after or simultaneously with consuming the foodstuff).

[0025] In addition, the invention provides a reducer of body fat accumulation comprising palatinose as an active

ingredient, wherein said reducer is ingested before or after
or simultaneously with consuming food, and wherein the
reducer reduces body fat accumulation resulted from the
increase in blood glucose level and insulin secretion caused
5 by consuming the food (or a reducer of body fat accumulation
for reducing body fat accumulation resulted from the
increase in blood glucose level and insulin secretion amount
caused by consuming food, characterized by comprising
palatinose as the active ingredient and being ingested
10 before or after or simultaneously with consuming the food).

[0026] It is reported that, comparing a case where a
combination of a high fat diet with sugar and only a basic
diet are alternately ingested with another case where only a
high fat diet and a combination of a basic diet with sugar
15 are alternately ingested under the condition of the same
nutrition intake in 2 meals per day, body fat amount
significantly increases when a high fat diet and sugar are
ingested simultaneously (Kagaku to Kogyo, Vol.61, No.1, 17-
24 (1987)). This is resulted from consequent reactions that
20 the ingested sugar causes blood glucose level increase,
secretion of insulin is induced, the insulin activates
lipoprotein lipase (LPL) in a fat tissue to allow a neutral
fat in blood from the diet to be taken rapidly into a fat
cell, which is accumulated as body fat (New Food Industry,
25 Vol.31, No.10, 9-15 (1989)). Accordingly, in reverse,
inhibition of blood glucose level increase to reduce inducing

secretion of insulin can inhibit activation of LPL, resulting in reducing body fat accumulation.

[0027] Hence, palatinose is ingested before or after or simultaneously with consuming carbohydrate to result in a mild increase/decrease curve of blood glucose level, to inhibit activation of LPL and to make accumulating body fat difficult.

[0028] Further, the invention provides a method for reducing blood glucose level increase by allowing an individual to ingest the above reducer of blood glucose level increase, and a method for reducing body fat accumulation by allowing an individual to ingest the above reducer of body fat accumulation.

[0029] Furthermore, the invention provides food materials as shown in following (1)-(6).

(1) A food material comprising palatinose and a foodstuff composed of a carbohydrate having an α -1,6-glucosyl bond ratio of from 0% to less than 50% relative to the total bonds among constituent saccharides, wherein the food material reduces blood glucose level increase caused by consuming the foodstuff (or a food material comprising palatinose and a foodstuff composed of a carbohydrate having an α -1,6-glucosyl bond ratio of from 0% to less than 50% relative to the total bonds among constituent saccharides, characterized in that the food material comprises the palatinose in an amount necessary to reduce an increase in

blood glucose level caused by consuming the foodstuff).

(2) A food material comprising palatinose and at least one foodstuff being selected from the group consisting of sucrose, wheat flour, starch, dextrin and high fructose corn syrup, wherein the food material reduces blood glucose level increase caused by consuming said foodstuff (or a food material comprising palatinose and at least one foodstuff being selected from the group consisting of sucrose, wheat flour, starch, dextrin and high fructose corn syrup, characterized in that the food material comprises the palatinose in an amount necessary to reduce an increase in blood glucose level caused by ingesting the foodstuff).

(3) The food material according to the above (2), wherein the food material is used as a sweetener and the foodstuff is at least one foodstuff being selected from the group consisting of sucrose and high fructose corn syrup.

(4) The food material according to the above (2), wherein the food material is used as a premix material and the foodstuff is at least one foodstuff being selected from the group consisting of sucrose, wheat flour, starch and dextrin.

(5) The food material according to the above (2), wherein the food material is used as a powdery drink and the foodstuff is sucrose.

(6) The food material according to the above (2), wherein the weight (A) of the palatinose has a ratio of 10% or more relative to the total weight (B) of carbohydrate contained

in the food material, and the palatinose is combined so that the palatinose is ingested by 5g or more per 60kg of body weight of an individual.

[0030] Each of the above food material (1)-(6) or a food processed from the food material can be ingested to reduce an increase in blood glucose level caused by consuming the above foodstuff.

[0031] Furthermore, the invention provides food material as shown in following (7)-(12).

(7) A food material comprising palatinose and a foodstuff composed of a carbohydrate having an α -1,6-glucosyl bond ratio of from 0% to less than 50% relative to the total bonds among constituent saccharides, wherein the food material reduces body fat accumulation resulted from the increase in blood glucose level and insulin secretion caused by ingesting the foodstuff.

(8) A food material comprising palatinose and at least one foodstuff being selected from the group consisting of sucrose, wheat flour, starch, dextrin and high fructose corn syrup, wherein the food material reduces body fat accumulation resulted from the increase in blood glucose level and insulin secretion caused by ingesting the foodstuff.

(9) The food material according to the above (8), wherein the food material is used as a sweetener and the foodstuff is at least one foodstuff being selected from the group

consisting of sucrose and high fructose corn syrup.

(10) The food material according to the above (8), wherein the food material is used as a premix material and the foodstuff is at least one foodstuff being selected from the group consisting of sucrose, wheat flour, starch and dextrin.

(11) The food material according to the above (8), wherein the food material is used as a powdery drink and the foodstuff is sucrose.

(12) The food material according to the above (8), wherein the weight (A) of the palatinose has a ratio of 20% or more relative to the total weight (B) of carbohydrate contained in the food material, and the palatinose is combined so that the palatinose is ingested by 10g or more per 60kg of body weight of an individual.

[0032] Each of the above food material (7)-(12) or food processed from the food material can be ingested to reduce body fat accumulation resulted from the increase in blood glucose level and insulin secretion caused by ingesting the above foodstuff.

BRIEF DESCRIPTION OF THE DRAWINGS

Fig. 1 is a diagram showing the changes in blood glucose level after ingesting drinks in Example 1.

Fig. 2 is a diagram showing the areas under blood glucose level increase curve after ingesting sucrose-containing drinks in Example 1.

Fig. 3 is a diagram showing the areas under blood

glucose level increase curve after ingesting glucose-containing drinks in Example 1.

Fig. 4 is a diagram showing the relation between palatinose percent in carbohydrate and GI value, wherein the carbohydrate is consumed by a weight of 50g.

Fig. 5 is a diagram showing the changes in blood glucose level after ingesting drinks in Example 2.

Fig. 6 is a diagram showing the areas under blood glucose level increase curve after ingesting drinks in Example 2.

Fig. 7 is a diagram showing the transition in body weight after ingesting feeds in Example 3.

Fig. 8 is a diagram showing the wet weights of different fat tissues after ingesting feeds in Example 3.

Fig. 9 is a diagram showing the sum of the wet weights of different fat tissues in Fig 8.

DESCRIPTION OF THE PREFERRED EMBODIMENTS

[0033] The invention will be described below in details with respect to preferred embodiments.

Palatinose in the invention, which is also called as isomaltulose, is a disaccharide composed by allowing glucose to make an α -1,6-glucosyl bond to fructose.

[0034] Palatinose may be a hydrate. Monohydrate thereof has a melting point of 123-124°C, a specific rotation $[\alpha]^{20}_D$ of +97.2, a Fehling solution reduction of 52% relative to glucose, and a solubility of 38.4g in 100g water at 20°C.

The aqueous solution tastes fine sweet and has about 40% in sweetness relative to sucrose.

[0035] Palatinose is naturally found in honey or sugarcane juice. It is also found in a product transferred from sucrose by the action of an α -glucosyltransferase (isomaltulose synthase) from bacteria or yeasts.

[0036] Palatinose is industrially manufactured by treating sucrose with an α -glucosyltransferase produced by a bacteria such as *Protaminobacter rubrum* and *Serratia plymuthica*.

[0037] In the invention, "a carbohydrate having an α -1,6-glucosyl bond ratio of from 0% to less than 50% relative to the total bonds among constituent saccharides" is classified into "a carbohydrate having no α -1,6-glucosyl bond" and "a carbohydrate having an α -1,6-glucosyl bond ratio of from above 0% to less than 50% relative to the total bonds among constituent saccharides."

[0038] Examples of "a carbohydrate having no α -1,6-glucosyl bond" include carbohydrates such as maltose, sucrose, high fructose corn syrup and glucose. Examples of "a carbohydrate having an α -1,6-glucosyl bond ratio of from above 0% to less than 50% relative to the total bonds among constituent saccharides" include starch, dextrin and branched dextrin. Isomaltose, panose, isopanose and isomaltotriose do not correspond to the carbohydrate causing the increase in blood glucose level in the invention, because they have an α -1,6-glucosyl bond ratio of 50% or

more relative to the total bonds among constituent saccharides.

[0039] "A carbohydrate having an α -1,6-glucosyl bond ratio of from 0% to less than 50% relative to the total bonds among constituent saccharides" may be used alone or in combination of two or more. The carbohydrate includes not only a carbohydrate commercially available as a purified high-grade single component, but also a carbohydrate in a state contained in cereals such as wheat flour and potatoes. Wheat flour contains carbohydrate in a content of about 75%. About 98% of the carbohydrate is starch.

[0040] In the invention, "palatinose is ingested before or after or simultaneously with" means that palatinose and one or more other carbohydrates are ingested during a meal or a between-meal snack. It does not always limitedly mean that they are mixed and ingested. Therefore, it includes ingesting a food or drink containing palatinose and one or more other carbohydrates which easily causes a blood glucose level increase. For example, a case where a drink containing palatinose is ingested before or after or simultaneously with consuming a cake or a cookie containing sucrose and starch corresponds to the condition: "palatinose is ingested before or after or simultaneously with" of the invention. More particularly, "palatinose is ingested before or after or simultaneously with" means a time range within which palatinose and one or more other carbohydrates

can be mixed in stomach by consuming food at meal or between-meals when the palatinose stays in the stomach, or by ingesting palatinose when food at meal or between-meals stays in the stomach. The time range is generally from 30 minutes before consuming food to 2 hours after consuming the food, but varies depending on an individual, body condition or ingestion timing.

[0041] "Palatinose is ingested" includes ingesting palatinose alone and ingesting a food material containing palatinose, for example, a drink such as a refreshing drink, coffee and black tea, household dishes such as omelet and cooked dish, confectionery such as baked goods, pudding and bun with bean-jam filling, and breads including a sweet bun.

[0042] In the invention, "sweetener" is a substance to make food and drink sweet. It means a sweetener prepared for the purpose of coffee or black tea, or means a sweetener for use in household or business. The sweetener may be formed in powder, granule, a cube or liquid. It can be packaged in a stick, a small bag, a box or a portion.

[0043] "Premix material" means a foodstuff which is sold by previously mixing several materials containing palatinose and one or more other materials including a hot cake mix, a pound cake mix, a bread mix, a pancake mix, a steamed bread mix, a crepe mix, a cookie mix, a doughnut mix, a sponge cake mix, a jelly mix, a pudding mix, bean-jam with sugar and a dumpling powder.

[0044] "Powder drink" means a cocoa mix, coffee, a powdery juice, a powdered black tea, a powdered lemonade and an instant soup mix. It means a drink product which can be dissolved in a liquid such as hot water, water and milk to serve as a drink.

[0045] Among carbohydrates consumed before or after or simultaneous with palatinose, sucrose and high fructose corn syrup are sweetener. Therefore, the sweetness can be reduced by substituting a part of the sweetener with palatinose.

Since consumers recently tend to like low sweet confectioneries and drinks, these products can be used as foods for such consumers. Alternatively, a highly sweet material such as high fructose corn syrup, fructose, aspartame, stevia sweetener or acesulfam K can be used together to adjust the product to a favorite sweetness. From the viewpoint of processing characteristics, palatinose in combination with sucrose prevent the food from coloring and prevent low soluble palatinose from crystallization, comparing with the case where palatinose is used alone.

[0046] It has been proved by the Examples as described below that palatinose, when ingested before or after or simultaneously with consuming a carbohydrate having an α -1,6-glucosyl bond ratio of from 0% to less than 50% relative to the total bonds among constituent saccharides such as sucrose, dextrin, starch and high fructose corn syrup,

reduces an increase in blood glucose level caused by consuming the carbohydrate.

[0047] A group of ingesting 50g of sucrose, a group of ingesting 25g of sucrose and a group of ingesting 25g of glucose, which were used as Comparative examples, showed a sudden increase in blood glucose level 30 minutes after the ingesting. As for cases where 50g of sucrose and 25g of glucose were ingested, respectively, the areas of a region surrounded by the blood glucose level increase curve and the baseline (area under blood glucose level increase curve) were nearly identical and high values. And as for the case where 25g of sucrose was ingested, the values were slightly lower. Groups of ingesting 25g of sucrose or 25g of glucose in combination with 25g of palatinose, which were measured as Examples, gave no sudden increases in blood glucose level after consuming these carbohydrates and gave significantly lower values in area under their blood glucose level increase curves comparing with the Comparative groups.

[0048] The area under blood glucose level increase curve after consuming 50g of carbohydrate, which is a reference of Glycemic Index measurement, was measured for glucose and palatinose in combination of various ratios to obtain GI value thereof, which is expressed by a relative value taking the value measured after 50g of glucose is ingested as 100%. As a result, a curve showing decrease in the GI value according to increase in ratio of palatinose was obtained.

[0049] The result has revealed that palatinose, when ingested before or after or simultaneously with consuming glucose or sucrose, does not work additively in blood glucose level caused by the consumed glucose or sucrose, but
5 reduces reversely the increase in blood glucose level caused by glucose and sucrose.

[0050] It has been also demonstrated that, since palatinose reduces the increase in blood glucose level caused by glucose and sucrose, the result is similarly true when high
10 fructose corn syrup being nearly a sucrose decomposition product, and starch or dextrin being decomposed to form glucose, are replaced with sucrose or glucose.

[0051] As for a effect of reducing body fat accumulation, the previous report (New Food Industry, Vol.31, No.10, 9-15,
15 (1989)) confirms that, when comparing a body fat accumulation amount between one rat group of providing a sucrose-containing feed as a high fat diet and another rat group of providing another feed in which all the sucrose was replaced by palatinose, the rat group provided with the feed
20 containing palatinose showed a lower body fat accumulation amount. However, it was concluded that, comparing with values in body fat accumulation amount obtained by the sucrose-containing feed and the palatinose-containing feed, the value obtained by a feed in which a part of the sucrose
25 was replaced by palatinose would be a value between above values depending on the ratio of added palatinose.

[0052] In the Example described later, three kinds of feeds were prepared, that is, a feed containing sucrose by 40% as a Comparative example, a palatinose feed in which all the sucrose was replaced with palatinose and a feed in which a part of the sucrose was replaced with palatinose. Each of these feeds was ingested by rats for a long period of time to compare degree of body fat accumulation. As a result, a group ingesting the palatinose feed showed a significantly lower value in fat tissue weight than a group ingesting the Comparative feed, as the conventional report on rat. But a group ingesting the feed in which a part of the sucrose was replaced with palatinose showed a significantly lower value in body fat accumulation amount than the group ingesting the feed as the Comparative example. Furthermore, The group showed a slightly lower value in fat tissue weight than the group ingesting the palatinose feed with a high effect to reduce body fat accumulation. Hence it has been demonstrated that the feed in which a part of sucrose is replaced with palatinose gives the same level of effect to reduce body fat accumulation as the feed in which all the sucrose is replaced with palatinose.

[0053] A reducer of blood glucose level increase or of body fat accumulation of the invention may contain palatinose as an active ingredient. It may contain palatinose alone or a mixture of palatinose with one or more other constituent components. Other constituent components include a

pharmaceutically acceptable and publicly known ingredient or a carrier. In addition, It may include sucrose, wheat flour, starch, dextrin, and high fructose corn syrup as described above.

5 [0054] When the reducer of blood glucose level increase or of the body fat accumulation contains one or more other constituent components, they can have an optionally determined ratio between the reducer of blood glucose level or the reducer of body fat accumulation and one or more
10 other constituent components depending on an ingestion amount and timing. The typical ratio of the reducer of blood glucose level increase : one or more other constituent components is 99.99:0.01-10.00:90.00, preferably 99.99:0.01-20.00:80.00, and more preferably 99.99:0.01-30.00:70.00.
15 The ratio of reducer of the body fat accumulation : the other constituent component is 99.99:0.01-20.00:80.00, preferably 99.99:0.01-30.00:70.00, and more preferably 99.99:0.01-40.00:60.00.

[0055] When the weight of palatinose and the total weight of
20 carbohydrate in a food material are designated by A and B respectively, the food material of the invention for reducing blood glucose level increase has an A/B ratio of 10% or more, and is preferably combined with palatinose to give an intake of 5g or more per 60kg of body weight of an
25 individual. The A/B ratio of 20% or more is preferable, and 30% or more is more preferable. The palatinose is

preferably incorporated to give an intake of 10g or more, more preferably 15g or more per 60kg of body weight of an individual.

[0056] When the weight of palatinose and the total weight of carbohydrate in a food material are designated by A and B respectively, the food material of the invention for reducing body fat accumulation has an A/B ratio of 20% or more, and palatinose is preferably combined to give an intake of 10g or more per 60kg of body weight of an individual. The A/B ratio of 30% or more is preferable, and 40% or more is more preferable. The palatinose is preferably combined to give an intake of 15g or more, more preferably 20g or more per 60kg of body weight of an individual.

[0057] Palatinose can be obtained by the method as described above. When it is applied to a reducer of blood glucose level increase or a reducer of body fat accumulation with one or more other constituent components, they can be prepared by a publicly known mixing or formulating method. An individual for the reducer of blood glucose level increase, the reducer of body fat accumulation and the food material of the invention may be human and a non-human animal (particularly a mammal). Oral ingestion can be used for an ingesting method.

EXAMPLE

[0058] The invention will be described below in more detail with reference to Examples, but is not limited to them.

Example 1

5 [0059] 50g of sucrose, 25g of sucrose and 25g of glucose were each dissolved in distilled water to get a total weight of 190g to prepare the drink (Comparative drink 1, Comparative drink 2 and Comparative drink 3, respectively). Using each of the Comparative drinks as a control sample, a
10 blood glucose level test after ingesting the drink was performed as will be described later. On the other hand, a combination of 25g of sucrose and 25g of palatinose, a combination of 42.5g of glucose and 7.5g of palatinose, a combination of 35g of glucose and 15g of palatinose, a
15 combination of 25g of glucose and 25g of palatinose, and a combination of 25g of glucose and 2.78g of palatinose were each dissolved in distilled water to get a total weight of 190g to prepare the drink (Example drink 1, Example drink 2, Example drink 3, Example drink 4 and Example drink 5, respectively).
20 Using each of the Example drinks as a test sample, a blood glucose level test after ingesting the drink was performed.

[0060] The blood glucose level test was as follows. Five healthy volunteers (4 males and 1 female), 31-40 aged, were
25 selected as the test subjects. They took no breakfast on a test day and kept fasting for 12hrs or more before the start

of the test. Their bloods were collected before ingesting a drink (0min), and 30min, 60min, 90min, and 120min after ingesting it. As a result their blood glucose levels are determined. One kind of drink was ingested for one test.

5 Another drink was ingested on another day and the test was carried out once a day for total 8 days. The same five test subjects were applied to all the tests for blood glucose levels. In the Example 1, the free style Kissei kit (made by Kissei Pharmaceutical Co., LTD) was used to collect blood
10 samples and test a blood glucose level.

[0061] The blood glucose level increase curves are shown in Fig.1 to compare the changes in blood glucose level after ingesting each of the drinks. Fig. 1 reveals that a blood glucose level increase is reduced after the simultaneous
15 ingestion of 25g of palatinose and 25g of glucose, compared with after the ingestion of 25g of glucose alone. A blood glucose level increase is reduced after the simultaneous ingestion of 25g of palatinose and 25g of sucrose, compared with after the ingestion of 50g of sucrose alone and 25g of
20 sucrose alone. Particularly, there is a remarkable difference between the Example drink and the Comparative drink as to a sudden increase in blood glucose level at 30min after ingesting.

[0062] As shown in Fig. 2, the comparison in averages
25 calculated from the area under blood glucose level increase curves of the each test subject for 120min after ingestion

of sucrose alone or the simultaneous ingestion of sucrose and palatinose is carried out. As a result, it is revealed that the area under blood glucose level increase curve for the simultaneous ingestion of 25g of sucrose and 25g of palatinose (Example drink 1) was significantly lower than that for the ingestion of 50g of sucrose (Comparative drink 1) with a risk rate of less than 5%, though the both drinks had the same level in carbohydrate weight and energy amount. Further, ingestion of 25g of the sucrose (Comparative drink 2) gave a higher value of area under blood glucose level increase curve than ingestion of Example drink 1, though Comparative drink 2 had a lower level in carbohydrate weight and calorie.

[0063] Fig. 3 shows the effect when glucose and palatinose are ingested together. In the drinks having a constant carbohydrate weight of 50g (Example drinks 2, 3 and 4), the area under blood glucose level increase curve decreased according to the increase of the ratio of palatinose. Further, in the drinks having a constant glucose weight of 25g (Comparative drink 3, Example drinks 4 and 5), the area under blood glucose level increase curve decreased according to the increase of palatinose amount ingested simultaneously, though the consumed carbohydrate amount increased.

[0064] Fig. 4 shows a graph for plotting GI values versus palatinose ratio in the consumed carbohydrate (total 50g) as the horizontal axis using the thus obtained data, the

palatinose GI value (palatinose 100%) and the glucose GI value (palatinose 0%). This reveals that the GI value decreased according to the increase of the palatinose ratio though the same carbohydrate amount and energy amount were ingested. Particularly when the palatinose ratio went beyond 50%, the GI value went below 50 and felled to a value nearly equal to the value when 100% of palatinose (50g) was ingested. Further, Fig. 4 indicates that the GI value surely decreased when a palatinose ratio in a total carbohydrate (the total weight 50g) was 10% or more.

[0065] However, the GI value after ingesting of Example drink 5 (containing glucose 25g and palatinose 2.78g) was insignificantly lower than that of Comparative drink 3 (glucose 25g), though the Example drink 5 had a palatinose ratio of 10% in the total carbohydrate. This teaches that there exists the minimum intake of palatinose necessary for the palatinose effect in addition to the palatinose ratio in the consumed carbohydrate. The result of the Example indicates that the minimum intake of palatinose necessary to reduce an increase in blood glucose level is 5g or more.

[0066] The above result reveals that the simultaneous use of sucrose or glucose with palatinose has an effect for reducing an increase in blood glucose level.

Example 2

[0067] 20g of palatinose was dissolved in distilled water to

make a total weight of 190g to prepare an Example drink. 190g of distilled water was used as a Control drink. The both drinks were used as the test samples for a blood glucose level test as described below.

5 [0068] The blood glucose level test was as follows. Seven healthy volunteers (5 males and 2 females), 31-55 aged, were selected as the test subjects. They took breakfast by the time of 4 hours before determining a blood glucose level and the blood glucose level prior to the drink ingestion was measured. The Example drink (190g) or the Control drink (190g) was ingested while ingesting a packed lunch (trade name: Nidan Orizume Makunouchi, made by Warabeya Nichiyo KK, energy: 718Kcal, protein: 29.8g, fat: 20.0g, carbohydrate: 104.6g, and sodium: 1.4g). The test subjects' blood was collected with time 30min, 60min, 90min and 120min after the meal to measure their blood glucose levels. One kind of drink was ingested for one test. The other drink was ingested on another day and the test was carried out once a day for total 2 days. Accordingly, one test subject was tested twice for blood glucose level, that is, after ingesting the Example drink and after ingesting the Control drink. The free style Kissei kit (made by Kissei Pharmaceutical Co., LTD) was used to collect blood and to measure blood glucose level, as Example 1.

25 [0069] The blood glucose level increase curves are shown in Fig. 5 to compare the changes in blood glucose level after

ingesting the respective drinks. Fig. 5 reveals that the increase in blood glucose level after ingesting the Example drink (palatinose) was slower than that after ingesting the Control drink (distilled water). The areas under blood glucose level curves are shown in Fig. 6. The graph reveals that the value of the area under blood glucose level curve of the case where the Example drink was ingested simultaneously with consuming food was lower compared with that of the case where the Control drink was ingested simultaneously with consuming food.

[0070] The above result reveals that palatinose ingested simultaneously with consuming food can reduce a blood glucose level increase after consuming the food.

Example 3

[0071] Mice were consecutively fed with a feed added with palatinose, a feed added with sucrose and no palatinose, and a feed added with both palatinose and sucrose to compare their body fat accumulation amount.

[0072] C57BL/6CrSlc(SPF) male mice (30 heads) aged 7 weeks were fed with a commercial powder feed (trade name: CRF-1 powder, made by Oriental Yeast Co., LTD) and water ad libitum to prefeed for a week. Then, they were separated into three groups each including 10 heads, that is, a group of feeding with a feed (Comparative feed) containing sucrose by 66.7% in carbohydrate, a group of feeding with a feed

(Example feed 1) containing palatinose by 66.7% in carbohydrate, and a group of feeding with a feed (Example feed 2) containing palatinose by 30.0% and sucrose by 36.7% in carbohydrate. The groups were fed with their respective feeds and water ad libitum for 8 weeks. Detailed composition of each feed is shown in Table 1. The feeding condition was as follows: temperature $22\pm 3^{\circ}\text{C}$, humidity (relative humidity) $50\pm 20\%$, ventilation cycles 13-17times/hr, and lighting time 8:00-20:00 (light 12hrs, dark 12hrs).

10

Table 1

	Comparative feed	Example feed 1	Example feed 2
corn starch	14.95	14.95	14.95
sucrose (granulated sugar)	40.00	0.00	22.00
palatinose	0.00	40.00	18.00
cellulose	5.00	5.00	5.00
soybean oil	15.00	15.00	15.00
mineral (AIN-93mineral mix)	3.50	3.50	3.50
vitamin (AIN-93vitamine mix)	1.00	1.00	1.00
L-cystine	0.30	0.30	0.30
choline bitartrate	0.25	0.25	0.25
casein	20.00	20.00	20.00

After the end of the feeding, the mice were light anesthetized with ether and sectioned abdominally to exsanguinate from postcava to death. For a typical example of every group, digital photographs showing body fat accumulation inside the abdominal cavity were taken. Then, for all the cases, the kidney peripheral fat (including the retroperitoneal fat) and the epididymis peripheral fat were taken out to measure their wet weights separately in left and right. The mesenteric fat also was taken out to measure

its wet weight. These three kinds of fat tissues are typical of visceral fat. The data were statistically treated to ascertain the homoscedasticity and further to carry out the t-test, which is of correspondency, in the case of homoscedasticity.

[0073] The changes in body weight of respective groups are shown in Fig. 7. Body weights of the mice fed with the Example feeds were significantly lower than those of the mice fed with the Comparative feed. As shown in Fig. 8, comparing the fat tissue weights measured after feeding, the mice fed with the Example feed showed lower value of kidney peripheral fat and epididymis peripheral fat compared with the mice fed with the Comparative feed. As shown in Fig. 9, comparing the summed values of weight of kidney peripheral fat, epididymis peripheral fat and mesentry fat as the total visceral fat weight, the mice fed with the Example feeds showed a significantly lower value compared with the mice fed with the comparative feed.

[0074] The above results indicate that a feed added with palatinose as carbohydrate can reduce the rise in body weight and the accumulation in body fat compared with a feed added with sucrose as carbohydrate when mice consecutively ingest these feed, respectively.

[0075] Transition in the rise of body weight and state of the body fat accumulation were nearly equal in the case where the Example feed 1 with 40% palatinose was ingested

and the case where the Example feed 2 with 22% sucrose and 18% palatinose was ingested, and the case where the Example feed 2 was ingested showed a slightly lower value. Accordingly, it has been revealed that a feed containing both palatinose and sucrose exerts effects of reducing the increase in body weight and the accumulation of body fat as well as a feed containing palatinose alone. Since the additive amount of sucrose was larger than that of palatinose in Example feed 2, the palatinose contained in the feed may exert the effect of reducing the accumulation of body fat caused by ingesting the sucrose.

[0076] The result of this Example demonstrates that palatinose exerts the effect of reducing the accumulation of body fat when it is contained at a ratio of 20% or more in carbohydrate. The minimum intake of palatinose necessary to reduce a body fat accumulation is presumed to be 10g or more in terms of an intake ingested by a person having a body weight of 60kg.

Example 4

[Stick sugar containing palatinose and sucrose]

[0077] Palatinose and sucrose were mixed at identical weights, and packed in a stick package by 3.5g respectively per one package. The stick sugar thus obtained is a food material containing palatinose and sucrose for reducing a blood glucose level increase.

Example 5

[Gum syrup containing palatinose and high fructose corn syrup]

5 [0078] Gum syrup containing palatinose and high fructose corn syrup with the composition as shown in Table 2 below was prepared. The palatinose and gum arabic were joined and powdery mixed, to which the high fructose corn syrup and water were added, then boiled and mixed. The solution thus
10 obtained was adjusted to 30 using a refractometer/Brix meter.

Table 2

component	g
crystalline palatinose (Trade name: Crystalline palatinose-IC, made by Shin Mitsui Sugar Co., LTD.)	27.0
high fructose corn syrup (fructose glucose liquid sugar) (Trade name: EP-O, made by San-ei Sucrochemical Co., LTD., 75%)	48.0
gum arabic	4.0
water	200.0

Example 6

[Tablet containing palatinose and sucrose]

- 5 [0079] A tablet containing palatinose and sucrose with the composition as shown in Table 3 below was prepared. The mixed powder with the following composition was compressed at a tableting pressure of 300kg/cm^3 to make a 18mm diametric, 5mm thick, and 1.5g weighing tablet.

Table 3

component	compounding ratio (weight)
pulverized palatinose (obtained by pulverizing crystalline palatinose (Trade name: Crystalline palatinose-IC, made by Shin Mitsui Sugar Co., LTD.) by an atomizer)	27.5
powder sugar	27.5
citric acid	1
sugar ester	1
Aspartame	0.05
vitamin P	0.0002
water	0.6
lemon juice	proper quantity

Example 7

[Powder drink containing palatinose and sucrose]

- 5 [0080] A powder drink containing palatinose and sucrose with the composition as shown in Table 4 below was prepared by a conventional method using a universal mixing stirrer.

Table 4

component	compounding ratio (weight)
crystalline palatinose (Trade name: Crystalline palatinose- IC, made by Shin Mitsui Sugar Co., LTD.)	42.35
sucrose (granulated sugar)	42.35
powder juice	10
anhydrous citric acid	3
sodium citrate	0.4
L-ascorbic acid	0.5
sodium ascorbate	0.3
riboflavin (content 10% by weight)	0.1

Example 8

[Refreshing drink containing palatinose and sucrose]

- 5 [0081] A refreshing drink containing palatinose and sucrose with the composition as shown in Table 5 below was prepared. The raw materials were dissolved in 250ml of boiling hot water to fill in a drink can (for 250ml).

Table 5

component	g/can
crystalline palatinose (Trade name: Crystalline palatinose-IC, made by Shin Mitsui Sugar Co., LTD.)	4
sucrose (granulated sugar)	4
citric acid	0.15
vitamin C	0.03
sodium chloride	0.05
potassium chloride	0.04
calcium chloride	0.012
magnesium carbonate	0.002
sodium glutamate	0.006
stevia sweetener	0.01
vitamin P	0.0004
flavoring agent	proper quantity

Example 9

[Sponge cake containing palatinose, sucrose and starch]

5 [0082] A sponge cake containing palatinose, sucrose and starch with the composition as shown in Table 6 below was prepared. Crystalline palatinose, sucrose (granulated sugar) and xanthan gum were powdery mixed to make a mixture called A. Wheat flour and baking powder were mixed to make
10 a mixture called B. Milk and the Ryoto ester SP were added

to A and mixed thoroughly, followed by adding egg and thorough mixing to become homogeneous, which was warmed up to about 25°C in hot bath. This mixture was bubbled up by a universal stirrer until no more bubble could be generated.

- 5 The resultant was mixed, with B to make a mixture without kneading B, The mixture was filled in a sponge cake tin to bake in an oven at 160°C for 40min. The composition of this Example contained 70g of palatinose, 30g of sucrose and about 90g of starch.

10

Table 6

component	g
egg	200
palatinose powder sugar (Trade name: powder palatinose ICP, made by Shin Mitsui Sugar Co., LTD.)	70
sucrose (granulated sugar)	30
wheat flour	120
milk	41
xanthan gum	0.6
foaming agent (Trade name: Ryoto Ester SP, made by Mitsubishi-Kagaku Foods Corporation)	9.2
baking powder	3

Example 10

[Refreshing drink containing palatinose and high fructose
corn syrup]

[0083] A refreshing drink containing palatinose and high
fructose corn syrup with the composition as shown in Table 7
below was prepared. The raw materials were dissolved in
250ml of hot water to fill in a drink can (for 250ml).

Table 7

component	g/can
crystalline palatinose (Trade name: Crystalline palatinose-IC, made by Shin Mitsui Sugar Co., LTD.)	4
high fructose corn syrup	5.33
citric acid	0.15
vitamin C	0.03
sodium chloride	0.05
potassium chloride	0.04
calcium chloride	0.012
magnesium carbonate	0.002
sodium glutamate	0.006
stevia sweetener	0.01
vitamin P	0.0004
flavoring agent	proper quantity

Example 11

[Madeleine containing palatinose and starch]

5 [0084] A madeleine containing palatinose and starch with the composition as shown in Table 8 below was prepared. Wheat flour and baking powder had been mixed and sieved. Butter had been melted in a hot bath. Egg was fed in a ball, to which granulated sugar, kitchen salt, lemon peel and lemon
10 essence were added followed by warming in a hot bath. While

warming, palatinose was fed in, and the mixture was stirred thoroughly by a eggbeater. The sieved wheat flour was added at a bulk to be mixed thoroughly and then the melted butter was added to be mixed. The resultant was separated to fill
 5 into aluminum foil cups and baked in an oven at 160°C for about 10min until browned. The madeleine prepared by the Example contained 60g of palatinose and about 37g of starch.

Table 8

component	g
wheat flour (soft flour)	50
baking powder	1
butter	40
egg	60
crystalline palatinose (Trade name: Crystalline palatinose-IC, made by Shin Mitsui Sugar Co., LTD.)	60
kitchen salt	0.2
grated lemon peel	proper quantity
lemon essence	proper quantity

Example 12

[Cake mix containing palatines, sucrose and wheat flour]

[0085] A cake mix with the composition as shown in Table 9 below was prepared. Materials excluding shortening were
 15 previously mixed and then the molten shortening was added

and mixed to be sieved.

Table 9

component	compounding ratio (weight)
wheat flour (soft flour)	33.0
palatinose powder sugar (Trade name: powder palatinose ICP, made by Shin Mitsui Sugar Co., LTD.)	25.0
granulated sugar	9.6
sodium bicarbonate	0.6
sodium pyrophosphate	1.0
shortening	25.0
skim milk powder	5.0
flavoring agent	0.2
emulsifying agent (Trade name: Ryoto Sugar Ester S-1170, made by Mitsubishi-Kagaku Foods Corporation)	0.1
kitchen salt	0.5

5 Example 13

[Hot cake mix containing palatinose and wheat flour]

[0086] A hot cake mix was prepared by powdery mixing raw materials with the composition as shown in Table 10 below. Materials excluding shortening were previously mixed and then the molten shortening was added and mixed to be sieved.

10

Table 10

component	compounding ratio (weight)
wheat flour (soft flour)	63.0
powder palatinose (Trade name: powder palatinose ICP, made by Shin Mitsui Sugar Co., LTD.)	23.0
baking powder	3.5
skim milk powder	6.0
flavoring agent	0.2
kitchen salt	0.1
emulsifying agent (Trade name: Ryoto Sugar Ester S-1170, made by Mitsubishi-Kagaku Foods Corporation)	0.1
xanthan gum	0.1
shortening	4.0

Test example 1

5 [0087] A combination of sucrose and palatinose was ascertained to be more resistant to color than palatinose alone.

10 [0088] 5g of carbohydrate and 1g of glutamic acid were dissolved in distilled water to prepare a sample having a total weight of 50g. Three kinds of samples were prepared, that is, a sample containing sucrose alone as the

carbohydrate, a sample containing palatinose alone as the carbohydrate, and a sample containing a combination of 2.5g sucrose and 2.5g palatinose as the carbohydrate. These samples were filled in 100ml capped vials and then heated at 100°C for 50min. After the heating, samples were cooled and respective absorbances were measured at a wavelength of 420nm. As a result, the sample containing palatinose alone as the carbohydrate gave an absorbance of 0.004, and the sample containing sucrose alone gave that of 0.0015, while the sample containing palatinose and sucrose by the equal weight gave that of 0.002. The sample containing palatinose and sucrose by the equal weight was more suppressed from coloring than the sample containing palatinose alone. This absorbance by the palatinose was a value which allowed a user to visually recognize the sample to be colored brown.

[0089] Three same kinds of samples were prepared and treated in an autoclave at 121°C for 20min, that is, the same level as in retort sterilization for a canned food, and measured the absorbance at a wavelength of 420nm. As a result, the sample containing palatinose alone as the carbohydrate gave an absorbance of 0.322, and the sample containing sucrose alone gave that of 0.020, while the sample containing palatinose and sucrose by the equal weight gave that of 0.069. The sample containing palatinose and sucrose by the equal weight was clearly more suppressed from coloring than the sample containing palatinose alone. All the samples were

visually colored brown. But the sample containing palatinose alone as the carbohydrate had clearly deep brown, while the sample containing sucrose alone and the sample containing both palatinose and sucrose had clearly light brown.

[0090] It has been concluded from the above result that use of a combination of palatinose and sucrose in a processed food can not only reduce an increase in blood glucose level caused by the sucrose, but also suppress a heat coloring caused by the palatinose, comparing with use of palatinose alone.

Test example 2

[Suppression of crystallization by simultaneous use of palatinose and sucrose]

[0091] A combination of palatinose and sucrose was ascertained to be more resistant to crystallize than palatinose alone.

[0092] A solution containing 50wt% of sucrose, a solution containing 50wt% of palatinose, and a solution containing each 25wt% of sucrose and palatinose were prepared by 100ml respectively, and then they were filled in capped screw vials. Dissolution was performed until no crystal remained at 50°C. These vials were put in a refrigerator set at 5°C to observe crystallization.

[0093] After 2 days of storage, the solution containing

palatinose alone began crystallization, and after 6 days amount of the crystal was measured. 10.77g of palatinose was demonstrated to have crystallized. As for the solution containing sucrose alone and the solution containing both
5 sucrose and palatinose, no crystallization were observed during the days.

[0094] The above result reveals that palatinose contained in a concentration where it tends to crystallize when used alone dose not crystallize when it is simultaneously used
10 with sucrose.

[0095] By ingesting palatinose before or after or simultaneously with consuming a kind of carbohydrate such as sucrose, glucose and high fructose corn syrup, which has an α -1,6-glucosyl bond ratio of from 0% to less than 50%
15 relative to the total bonds among constituent saccharides, an increase in blood glucose level caused by the carbohydrate can be reduced. Furthermore, palatinose, when used as a raw material in combination with one or more other carbohydrates such as nonreducing sugar, can reduce a factor
20 for coloring to make food resistant to coloring and, when used in a combination with one or more other carbohydrates with high solubility, becomes not to tend to crystallize.

[0096] Palatinose, when used in combination with a sweetener such as sucrose and high fructose corn syrup, reduces the
25 sweetness caused by the sucrose, glucose or high fructose corn syrup, resulting in providing food with low sweetness.

[0097] When an effect of reducing an increase in blood glucose level is exerted by ingesting palatinose before or after or simultaneously with consuming one or more other carbohydrates, or consuming food containing a combination of palatinose and one or more other carbohydrates in the raw material, insulin secretion is also reduced to result in exerting an effect of reducing a body fat accumulation. The invention can be applied to not only human but also a non-human animal (particularly a mammal).

10